

2023-2024

MEF IS ISTANBUL

MARCH MENU

01/03/2024	CAL	05/03/2024	CAL	06/03/2024	CAL	07/03/2024	CAL	08/03/2024	CAL
MORNING BREAKFAST		MORNING BREAKFAST		MORNING BREAKFAST		MORNING BREAKFAST		MORNING BREAKFAST	
CUCUMBER / PEPPER	32	CUCUMBER / PEPPER	32	CARROT/CUCUMBER	37	TOMATO/ PEPPER	32	TOMATO/ CUCUMBER	32
OLIVE/CHEDDAR CHEESE	72/71	STRING CHEESE/OLIVES	81/72	CHEDDAR CHEESE / OLIVE	71/72	CHEESE ROLLS/OLIVES	75/72	OLIVE/WHITE CHEESE	72/62
HONEY / BUTTER	66/74	HONEY / BUTTER	66/74	JAM / BUTTER	58/74	HONEY / BUTTER	66/74	TAHINI MOLASSES	66
BOILED EGG	78	TURKISH BAGEL	136	BOILED EGG	78	POTATO OMELETTE	147	SCRAMBLED EGGS	110
MILK	120	HOMEMADE JUICE	52	MILK	120	LINDEN	74	MILK	120
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
EZOĞELIN SOUP	83	PUMPKIN SOUP	134	STRAINED LENTIL SOUP	76	EZOĞELIN SOUP	83	BROCCOLI SOUP	104
FRESH BEANS WITH MEAT	158	CRISPY CHICKEN BAGUETTE	306	SPINACH	76	CRUNCHY MANTI	322	CHICKEN BURGER	235
NOODLE	138	RICE WITH TOMATO SAUCE	174	PASTA WITH BOLOGNESE SAUCE	192	VEGETABLE ROTATUE	89	FRIES	120
BULGUR SALAD	180	WHEAT SALAD	80	GRATED CARROT	40	GRATED CARROT	40	ROAST PEPPER	30
SHEPHERDS SALAD	75	PURSLANE YOGURT	89	SEASONAL SALAD	25	LENTIL ROLLS	130	SPICY BAKED CAULIFLOWER	80
RED CABBAGE	40	GREEN SALAD/GRATED CARROT	18/40	BLACKEYED PEAS SALAD	180	GREEN SALAD	18	SEASONAL SALAD/RED CABBAGE	25/40
YOGURT	76	BUTTERMILK	32	YOGHURT	76	YOGHURT	76	BUTTERMILK	32
FRUIT	55	FRUIT	55	CHOCOLATE PUDDING	122	FRUIT	52	FRUIT	55
AFTERNOON SNACK		AFTERNOON SNACK		AFTERNOON SNACK		AFTERNOON SNACK		AFTERNOON SNACK	
TURKISH BAGEL/CHEDDAR CHEESE	136/71	SALTED BREADSTICKS	172	TRAY PASTRY WITH POTATO	110	MOLASSES COOKIES	182	TURKISH BAGEL / CHEDDAR CHEESE	136/71
BUTTERMILK	32	FRUIT	55	FRUIT	55	LINDEN	74	FRUIT	52
11/03/2024	CAL	12/03/2024	CAL	13/03/2024	CAL	14/03/2024	CAL	15/03/2024	CAL
MORNING BREAKFAST		MORNING BREAKFAST		MORNING BREAKFAST		MORNING BREAKFAST		MORNING BREAKFAST	
TOMATO/ CUCUMBER	32	CARROT/CUCUMBER	37	TOMATO/ PEPPER	32	CUCUMBER / PEPPER	32	CARROT/CUCUMBER	37
WHITE CHEESE/OLIVES	62/72	STRING CHEESE/OLIVE	81/72	CHEDDAR CHEESE/ OLIVE	71/72	TWISTED CHEESE/OLIVES	75/72	OLIVE/CHEDDAR CHEESE	72/71
JAM / BUTTER	58/74	HONEY / BUTTER	66/74	JAM / BUTTER	58/74	TAHIN MOLASSES	66	HONEY/BUTTER	66/74
BOILED EGG	78	SPICY SCRAMBLED EGGS	177	SCRAMBLED EGGS	110	CHEESE PASTRY	146	BOILED EGG	78
MILK	120	LINDEN	74	MILK	120	HOMEMADE JUICE	52	MILK	120
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
EZOĞELIN SOUP	83	MINT YOGURT SOUP	75	WEDDING SOUP	93	STRAINED LENTIL SOUP	76	VEGETABLE SOUP	114
PEAS	81	TURKEY TANDOOR WITH MASHED PATATOS	188	LEEK	73	STUFFED PEPPERS	273	MEF BURGER / FRIES	295/250
BULGUR RICE	83	RICE WITH NOODLE	139	PASTA WITH ALFREDO SAUCE	208	SPAGHETTI	190	SEASONAL SALAD	25
BULGUR SALAD	180	YOGURT	76	CHICKPEA SALAD	96	BOILED VEGETABLES	76	DICED TOMATO	7
SHEPHERDS SALAD	75	OLIVE OIL KIDNEY BEANS	93	SEASONAL SALAD	25	SEASONAL SALAD	25	COLESLAW	152
OVEN EGGPLANT SALAD	78	SEASONAL SALAD/GRATED CARROT	25/40	POTATO SALAD	71	RED CABBAGE	40	PICKLES	15
YOGHURT WITH MINT	41	BUTTERMILK	32	YOGURT	76	YOGURT	76	BUTTERMILK	32
FRUIT	55	FRUIT	55	GERMAN PIE	293	FRUIT	55	FRUIT	55
AFTERNOON SNACK		AFTERNOON SNACK		AFTERNOON SNACK		AFTERNOON SNACK		AFTERNOON SNACK	
MELTED CHEESE ON BREAD	126	MOSAIC CAKE	134	TURKISH BAGEL / CHEDDAR CHEESE	136/71	PI COOKIES	142	PIZZA SLICES	143
FRUIT	55	FRUIT	120	FRUIT	55	MILK	120	CUCUMBER/ CARROT STICKS	45
18/03/2024	CAL	19/03/2024	CAL	20/03/2024	CAL	21/03/2024	CAL	22/03/2024	CAL
MORNING BREAKFAST		MORNING BREAKFAST		MORNING BREAKFAST		MORNING BREAKFAST		MORNING BREAKFAST	
TOMATO PEPPER	32	CUCUMBER / PEPPER	32	CARROT/CUCUMBER	37	TOMATO PEPPER	32	TOMATO /CUCUMBER	32
WHITE CHEESE/OLIVES	62/72	CHEDDAR CHEESE/OLIVE	81/72	CHEESE/OLIVES	81/72	WHITE CHEESE/OLIVES	62/72	CHEESE ROLLS/OLIVES	72/75
JAM / BUTTER	58/74	HONEY / BUTTER	66/74	JAM / BUTTER	58/74	TAHIN MOLASSES	66	HONEY/BUTTER	66/74
TURKISH BAGEL	136	CHEESE OMELETTE	204	POTATO PASTRY	110	SPICY SCRAMBLED EGGS	177	BOILED EGG	78
MILK	120	HOMEMADE JUICE	52	MILK	120	LINDEN	74	MILK	120
LUNCH		LUNCHC		LUNCH		LUNCH		LUNCH	
VEGETABLE SOUP	114	SPRING SOUP	75	STRAINED LENTIL SOUP	76	EZOĞELIN SOUP	83	TARHANA SOUP	91
HARICOT BEAN	140	INEGOL MEATBALLS	199	CRISPY FISH	167	EGGPLANT DISH	189	CHICKEN BURGER/FRIES	235/250
RICE WITH NOODLE	180	NOODLE	138	PASTA	180	RICE WITH VERTURE	136	BAKED VEGETABLES	43
PICKLES	15	BEAN SALAD	90	WHEAT SALAD	80	LENTIL ROLLS	130	RED CABBAGE	40
CARROT STICKS	40	GRATED CARROT	40	RED CABBAGE	40	CARROT STICKS	40	KUSKUS SALAD	117
CUCUMBER STICKS	15	CUCUMBER STICKS	15	DICED TOMATO	7	CUCUMBER STICKS	15	DICED TOMATO	7
RED CABBAGE	40	RED CABBAGE	40	CUCUMBER STICKS	15	TUNA SALAD	95	CUCUMBER STICKS	15
SEASON SALAD	25	POTATO SALAD	71	SEASON SALAD	25	SEASON SALAD	25	SEASON SALAD	25
YOGHURT WITH MINT	41	SEASON SALAD	25	GRATED CARROT	40	YOGHURT WITH MINT	41	CARROT DIP	85
GRAPE COMPOTE	99	BUTTERMILK	32	YOGURT	76	RED CABBAGE	40	BUTTERMILK	32
FRUIT	55	BROWNIE	319	FRUIT	55	WHITE PUDDING	128	FRUIT	55
AFTERNOON SNACK		AFTERNOON SNACK		AFTERNOON SNACK		AFTERNOON SNACK		AFTERNOON SNACK	
COCOA MUFFIN	128	TURKISH BAGEL / CHEDDAR CHEESE	136/71	GRAPE COOKIES	153	SESAME SALT BREADSTICKS	172	EASTER BUNS	201
MILK	120	FRUIT	55	LINDEN	74	FRUIT	55	MILK	120
25/03/2024	CAL	26/03/2024	CAL	27/03/2024	CAL	28/03/2024	CAL	29/03/2024	CAL
MORNING BREAKFAST		MORNING BREAKFAST		MORNING BREAKFAST		MORNING BREAKFAST		MORNING BREAKFAST	
TOMATO CUCUMBER	32	CARROT/CUCUMBER	37	TOMATO / PEPPER	32	CARROT/CUCUMBER	37	CARROT/CUCUMBER	37
WHITE CHEESE/OLIVES	62/72	STRING CHEESE/OLIVE	81/72	CHEDDAR CHEESE / OLIVE	71/72	TWISTED CHEESE/OLIVES	75/72	CHEDDAR CHEESE / OLIVE	71/72
JAM / BUTTER	58/74	HONEY / BUTTER	66/74	JAM / BUTTER	58/74	JAM / BUTTER	58/74	JAM / BUTTER	58/74
BOILED EGG	78	SCRAMBLED EGGS	106	POTATO OMELETTE	147	TRAY PASTRY WITH CHEESE	110	HERBED OMELET	106
MILK	120	LINDEN	74	MILK	120	MILK	120	LINDEN	74
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
STRAINED LENTIL SOUP	76	MINT YOGURT SOUP	75	TOMATO SOUP WITH CROTONS	85	WEDDING SOUP	93	LENTIL SOUP	83
TURKISH RAVIOU	322	MINCED POTATO DISH	214	SESAME CHICKEN WITH SWEET AND SOUR SAUCE	135	GREEN LENTILS	224	MEATBALLS WITH PITA	227
BAKED VEGETABLES	34	BULGUR RICE	83	NOODLE WITH VEGETABLES	317	CHEESE PASTRY	259	OLIVE OIL .FRESH BEANS	130
OVEN EGGPLANT SALAD	78	GREEN LENTIL SALAD	58	SQUASH DIP	60	OVEN VEGETABLE PATTIES	72	GRATED CARROT	40
GRATED CARROT	40	RED CABBAGE	40	CARROT STICKS	40	RED CABBAGE	40	RED CABBAGE	40
CHICKPEA SALAD	122	CUCUMBER STICKS	15	GREEN SALAD	18	GRATED CARROT	40	ROAST PEPPER SALAD	30
YOGHURT	76	YOGHURT	76	WHEAT SALAD	80	POTATO CROQUETTES	220	CUCUMBER STICKS	15
BULGUR SALAD	178	CAULIFLOWER WITH YOGHURT	76	OLIVE OIL CELERY	83	ROASTED PEPPER SALAD	30	LENTIL ROLLS	130
SEASONAL SALAD	25	GREEN SALAD	18	RED CABBAGE	40	SEASONAL SALAD	18	SEASON SALAD	18
RED CABBAGE	40	GRATED CARROT	40	BUTTERMILK	32	YOGHURT	76	BUTTERMILK	32
FRUIT	55	SEMOLINA CAKE	296	FRUIT	55	PROFITEROL	214	FRUIT	55
AFTERNOON SNACK		AFTERNOON SNACK		AFTERNOON SNACK		AFTERNOON SNACK		AFTERNOON SNACK	
MELTED CHEESE ON BREAD	126	TURKISH BAGEL / CHEDDAR CHEESE	136/71	COCOA COOKIES	138	HOMEMADE PASTRY	183	LEMON CAKE	131
FRUIT	55	FRUIT	55	MILK	120	LINDEN	74	CUCUMBER/ CARROT STICKS	45

MEF INTERNATIONAL
FOOD ENGINEER

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SAMET ÖZDEMİR

MEF INTERNATIONAL
CAMPUS FACILITIES MANAGER

HIZIR HACIHALİLOĞLU

MEF INTERNATIONAL
GENERAL MANAGER

ERDOĞAN BOZDEMİR



AS SEASONAL FRUITS, APPLE, PEAR, ORANGE, TANGERINE, TAKING INTO CONSIDERATION THE BEGINNINGS OF THE SEASON WILL BE SERVED.
ALL SAUCE AND SPICES SERVED IN OUR SCHOOL ARE SERVED IN DISPOSABLE PACKAGES.
MEALS ARE MADE IN MEF SCHOOLS' KITCHEN IN ACCORDANCE WITH HYGIENE RULES.

